

## CLAIMS

We Claim:

1. A golf training device attached to an upper end of a handgrip portion of a  
5 shaft on a golf club for aiding in putting and chipping shots, the device comprising:  
an attachment socket for attaching the device to a top of a hand grip of a  
golf club; and  
a single planar plate extending from the top of the attachment socket, the  
single planar plate having a narrow proximal end and wider distal end for resting against  
10 a lower inner forward forearm of a golfer, the distal end of the single planar plate being  
bent at first angle relative to the proximal end, and the distal end of the single planar plate  
being twisted at a second angle relative to the proximal end.
2. The golf training device of claim 1 wherein the device is removably  
15 affixable to the golf club by the attachment socket. having a threaded hole with a  
threaded adjustment screw for rotatably tightening a plate against the grip of a golf club  
within the attachment socket.
3. The golf training device of claim 2, wherein the attachment socket and the  
20 single plate include one of: a single piece of metal, and a single piece of plastic.

4. The golf club training device of claim 1 wherein the plate is slightly concave-shaped at its distal end at a point of contact with the lower inner forward forearm of the golfer.

5 5. The golf club training device of claim 2 wherein the plate is slightly concave-shaped at its distal end at a point of contact with the lower inner forward forearm of the golfer.

6. The golf training device of claim 1 wherein the attachment socket is  
10 permanently affixed to the golf club.

7. The golf club training device of claim 3 wherein the attachment socket further comprises a clamp plate attached to an inner end of the adjustment screw on an inside of the attachment socket so the clamp plate presses against a broader area of the  
15 side of a golf club grip when the adjustment screw is rotatably tightened.

8. The golf club training device of claim 1 wherein the first angle between the attachment socket and the distal end of the plate is approximately 45 degrees.

20 9. The golf club training device of claim 1 wherein the second angle between the longitudinal axis of the plate and a line perpendicular to the face of the clubhead is approximately 15 degrees.

10. The golf club training device of claim 1 wherein the second angle between the distal end of the plate is and a plane that is perpendicular to the shaft of the golf club is approximately 15 degrees.

5 11. A golf training device attached to an upper end of a handgrip portion of a shaft on a golf club for aiding in putting and chipping shots, the device comprising:

an attachment socket for attaching the device to a top of a hand grip of a golf club;

a plate extending from the top of the attachment socket being bent and twisted at  
10 two different angles, the plate having a narrow proximal end and wider distal end for resting against a lower inner forward forearm of a golfer; and

a plate extending from the top of the attachment socket at an angle having a narrow proximal end and wider distal end for resting against a right lower inner forward forearm of a golfer.

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12. The golf training device of claim 11 wherein the device is removably affixable to the golf club by attachment means of the attachment socket.

13. The golf training device of claim 12 wherein the attachment means  
20 comprises an attachment socket having a threaded hole with a threaded adjustment screw for rotatably tightening a plate against the grip of a golf club within the attachment socket.

14. The golf club training device of claim 11 wherein the plates are slightly concave-shaped at their distal end at points of contact with the lower inner forward forearms of the golfer.

5 15. The golf club training device of claim 12 wherein the plate is slightly concave-shaped at its distal end at a point of contact with the lower inner forward forearm of the golfer.

16. The golf training device of claim 11 wherein the attachment socket is  
10 permanently affixed to the golf club.

17. A method of training a golfer, comprising the steps of:  
attaching a narrow proximal end of a single plate to a hand grip of a golf club;  
15 extending the plate upward in both a bent angle and a twisted angle from the hand grip;  
resting a distal end of the extended plate in contact against one lower inner forward forearm of a golfer; and  
swinging the golf club through a full swing while maintaining contact  
20 between the one lower inner forward forearm of the golfer.

18. The method of claim 17, wherein the bent angle is approximately 45 degrees and the twisted angle is approximately 15 degrees.

19. The method of claim 17, further comprising the step of:  
permanently attaching the bent and twisted plate to the golf club.

5 20. The method of claim 17, further comprising the steps of:  
attaching a second narrow proximal end of a second plate to the handgrip  
of the golf club;

extending the second plate upward in both a second bent angle and a  
second twisted angle from the hand grip, the second plate extending upward in an  
10 opposite direction from the first plate;

resting a distal end of the second extended plate in contact against another  
lower inner forward forearm of the golfer; and

swinging the golf club through a full swing while maintaining contact  
between the other lower inner forward forearm of the golfer.

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